

Welcome to North Bay!

3.5 hours north of Toronto; 4 hours west of Ottawa; 1.5 hours east of Sudbury... This is your *Gateway to the North*.



About North Bay Regional Health Centre (NBRHC)

North Bay Regional opened the doors to its new facility in 2011:

- Provides acute care services to North Bay and surrounding areas
- Provides specialized mental health services for Northeastern Ontario
- Includes Diagnostic Imaging services: x-ray, ultrasound, echo, TEE, CT, and MRI
- 419 beds, including 136 regional mental health beds
- Outpatient facilities for pediatric, mental health, and geriatric programs and services.
- Intentional learning spaces including lounges, on-call facilities, and partnerships with our local LEG, NOSM, PARO, Nipissing University and Canadore College.



Specialists include: Anaesthesia, Cardiology, Emergency Medicine, ENT, General Internal Medicine, General Surgery, GI, OB/GYN, Nephrology, Ophthalmology, Orthopedics, Pediatrics, Psychiatry, Respiriology, Urology.

About the Emergency Department

Our 24/7 department is staffed by CCFP(EM), FRCP(EM), and experienced CCFP physicians from across Canada in a multidisciplinary team: a Nurse Practitioner, Registered Nurses, Geriatric EM nurses, Respiratory Therapists, social services, pastoral care, crisis intervention, etc. On average, the department sees 160 visits per day.

Department Learning Opportunities

High-Fidelity Simulation Lab

Monthly physician-based simulations at Canadore College focus on critical emergency medicine topics. This state-of-the-art laboratory allows for the team to access high-end fidelity equipment and interactive mannequins to replicate real symptoms.

In-Situ Simulation

These simulations occur monthly in the Emergency Department at NBRHC, and allow for improvement of team dynamics among all hospital staff.

Rounds

Monthly ER rounds are presented by department physicians—a great opportunity for CME and learning among our peers. The rounds are hospital-wide, but focus on emergency medicine topics.

Occasionally, special guests are welcomed to the department to present rounds. In recent years, guest presenters have included Dr. Amal Mattu (School of Medicine, University of Maryland), Dr. Andrew Petrososniak (St. Michael's Hospital, Toronto), and Dr. Christopher Hicks (St. Michael's Hospital, Toronto).

Remuneration

Nor-Star for Residents

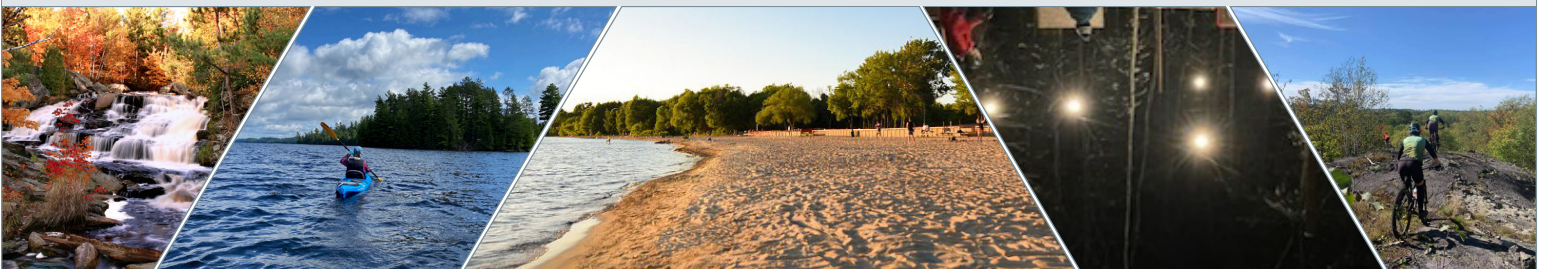
NBRHC offers the Northern Ontario Resident Streamlined Training and Reimbursement program (Ministry of Health, OMA). Residents are reimbursed travel and accommodation expenses on locums, electives, or when providing clinical services under the PARO Restricted Registration Program.

Locum Incentives

Locum physicians are competitively remunerated, with travel and accommodation expenses provided.

Recruitment Incentive Package

NBRHC offers a Recruitment Incentive Package which includes a \$100,000 signing incentive, and up to \$83,000 through the HealthForceOntario (Ministry of Health) Northern Rural Recruitment and Retention Initiative.



About Us

Dr. Taylor Lougheed, Chief of Department, Emergency Medicine

Dr. Lougheed completed his CCFP at the University of Toronto and his EM year at the University of Ottawa, where he received formal POCUS training. He has his SEM designation with a Diploma of Sports Medicine after challenging the exam and currently works at the NBRHC Sports Medicine Clinic. Dr. Lougheed also practices in Cannabinoid Medicine and is the Director of Global Health at uOttawa, Board Director for the OCFP, and Board Director for CAS Nipissing and Parry Sound. He has an MSChQ from Queen's University, with an interest in quality improvement and patient safety. Dr. Lougheed's wife is an Ophthalmologist at NBRHC and he's a proud dad to their two kids.

Dr. Lisa Harman, Medical Director, Emergency Medicine

Dr. Harman completed her CCFP at Queen's University and her EM year at the University of Ottawa, where she received formal POCUS training. Outside the ED, she worked in sexual health and currently works in psych rehab. As Medical Director, she acts as the physician champion for the Geriatric Emergency and Geriatric Outreach programs in the ED and has an interest in quality improvement initiatives and physician recruitment. She loves running, cross-country skiing, baking, hanging out with her kids, and perfecting her sourdough skills. Her husband is one of NBRHC's Nephrologists/Internists.

"I can't say enough about how much I love our ED family. We are a great team; an amazing group that works well together. They make me laugh and cheer up both at work and when we get together to play or enjoy a meal together outside work. I have three kids and North Bay has been a super place to raise them and give them an appreciation of the outdoors. We have family in Ottawa and enjoy visiting Toronto, and I love that the location is right between the two." - **Dr. Harman**

Visit our website for more from the 20+ physicians in our department.



"We love the access to wilderness. If you go out your front door, you can find a bit of the wild if you go essentially in any direction! North Bay is in a great geographic location: it's far enough from the crowded south, but if we wanted to have a weekend out in the city, it's a short drive away."

- **Dr. Emily House, FRCP (Queen's University)**

"My husband and I were looking for a community with high-level ED medicine capabilities and opportunities for Sports Medicine clinical development within a four-hour radius of Ottawa, where our families are from. North Bay fit the bill perfectly!"

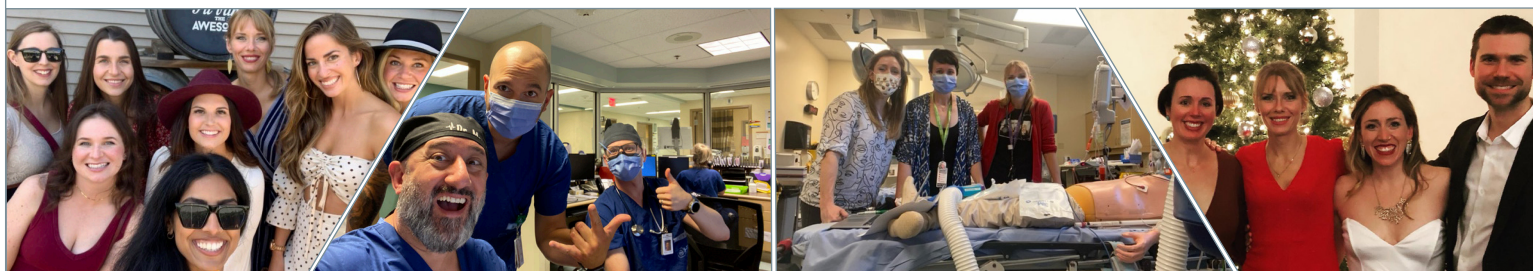
- **Dr. Alexis Lemmex, CCFP (uOttawa) +EM (WesternU), Chief Medical Informatics Officer for NBRHC**

"North Bay offers me opportunity to work in a beautiful, collegial facility, with great support of specialists. There are also a variety of recreational opportunities for my family."

- **Dr. Kendra Wilkins, CCFP (NOSM University)**

"I enjoy the great team of people that I work with, and the endless opportunities for outdoor adventures and camping... and there were opportunities for my wife, a teacher, to find a job."

- **Dr. Michael Watson, CCFP+EM, (NOSM University)**



About Our City

Life between Lake Nipissing and Trout Lake

North Bay is situated at the southern, eastern tip of what's considered "northern Ontario"—three and a half hours north of Toronto, four hours west of Ottawa, an hour and a half east from Sudbury. Our city is at the crossroads of Hwy-11 and Hwy-17, making for easy road travel in all directions.

Our city is the perfect mix of opportunity and lifestyle, with a population of 52,000 and a regional population of 76,000. North Bay provides residents and visitors alike with countless recreational opportunities, while larger city amenities and a low crime rate contribute to safe, but bustling communities.

Get in Touch

Contact us for information on resident rotations, locums, learning opportunities, or employment opportunities.



Email: northbay.edrecruit@gmail.com

Website: NorthBayER.com

Instagram: [@northbay.er](https://www.instagram.com/northbay.er)